

# LIFE HACKS

Welcome!



You are being asked to complete an online learning experience to equip you with the ability to adapt and deal effectively with the demands that life and college, inevitably, throw at us. By learning new skills we increase our understanding of the world around us and are able to live a more productive and fulfilling life. We are excited to provide you with very powerful evidenced-based, learner-focused content that aims to increase positive and adaptive behavior. Using our software you will learn:

## COGNITIVE SKILLS

For analyzing and using information

## PERSONAL SKILLS

For developing personal agency and managing oneself

## INTER-PERSONAL SKILLS

For communicating and interacting effectively with others

### Follow these easy steps to get started:

- In a browser tab (Chrome preferred) navigate to [ThePath.TAOconnect.org](http://ThePath.TAOconnect.org)
- Select "Sign me up in Self-Help"
- Enter your information on the site so that we can give you credit.
- You will be asked to enter an enrollment key, which is: **StudentConduct18-19**
- Then read and approve the informed consent... you are almost done.
- TAO will send you a confirmation email to confirm your account. Please check your email and confirm that you got it.
- Then login with your email address and your new password at [ThePath.TAOconnect.org](http://ThePath.TAOconnect.org)
- Watch the 5 minute tutorial and you are on the pathway to hacking a new set of skills!

### What is TAO – Therapy Assistance Online?

**TAO** is digital platform of tools and educational materials to help you learn new life skills.

**EDUCATIONAL MODULES:** High quality, entertaining, and interactive learning modules, using evidence-based theories.

**ASSESSMENTS:** Provide progress and outcome measures, along with screening for behavioral health problems, if desired.

**PRACTICE TOOLS & LOGS:** Tools to reinforce skills learned in the educational modules, including daily logs and journals.

**MINDFULNESS LIBRARY:** Valuable resource to learn and practice mindfulness and meditation.

# Here Are Your LIFE HACKS!

## **INTERPERSONAL RELATIONSHIPS AND COMMUNICATIONS>>>**

- Learn strategies to consider when faced with angry situations
- Learn strategies to communicate more effectively
- Learn to identify healthy vs unhealthy relationships, and steps to improve relationships
- Learn a 4-step problem solving model

## **LET GO AND BE WELL >>>**

- Understand Resilience to process and adapt to change and stress.
- Accept and embrace your life fully-even its challenges
- Learn mindfulness techniques
- Clarify and understand your personal values

## **YOU MAY ALSO WANT TO TRY >>>**

### **CALMING YOUR ANXIETY >>> Relaxation And Anxiety Reduction:**

- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation
- Perform deep breathing exercises
- Perform guided imagery exercises

### **LEAVE YOUR BLUES BEHIND >>> Relationships, Lifestyle, and Problem Solving**

- Identify lifestyle choices that reduce depression
- Understand how relationships and social connections help keep you connected with life and help you overcome problems
- Apply a problem-solving model

### **IMPROVING YOUR MOOD >>> Make An Activation Plan and Identify Values:**

- Create your activation plan
- Develop your road map in activation
- Understand and evaluate your values
- Define your values experience

### **How to Get the Most Out of TAO:**

You will be asked to complete a very brief Wellness Survey at the start of each module and at the end of the course. These help us to evaluate the effectiveness of this program.

After you complete each module, you will be able to send a badge (as a pdf) to your coordinator to confirm your completion of the required content.

You can email this to: [Dhill@uttyler.edu](mailto:Dhill@uttyler.edu)